

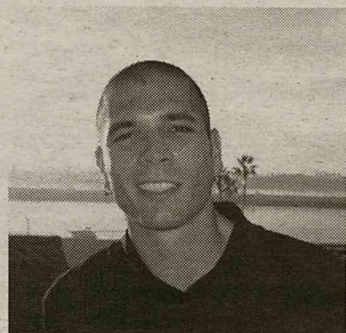
THE ROAD TO THE PLAYOFFS



OR
[otter realm]

PAGE 16

College Student 101: Time... It's About Time



Rick Welshiemeer, Editor-in-Chief
RICHARD_WELSHIEMEER@CSUMB.EDU

For college students, time is of the essence. No matter how we try to buy it, make it, save it, stretch it, we really get only 24 hours a day. Which leaves many of us running around in circles, trying to make the most of it. These days, every time I stare into the face of my clock I seem to be looking at my biggest enemy.

The more I spend the time thinking about time, I tick closer to the thought that time, essentially a human construct, is heading in the direction of our other precious resources. With every minute speeding by faster and faster, clean air, fresh water and natural topsoil are depleting with it. Think about it. When we're young, we have all the time in the world. We get to climb trees and go swimming, and the time passes by at our leisure.

Flash forward, and we're in college. The first two years move along at a reasonable rate. Heck, we're just getting the hang of it, just easing into it, just looking to make friends and find the next party. We're having the time of our lives. Time is in abundance, and we learn how to squander it. But by senior year, time is at a premium. Graduation looms large on the horizon, but

the view is blocked by Capstone and, for me, working three jobs, taking 17 units and trying to salvage a social life. I imagine we'll graduate and spend the next part of our lives working, for most of us probably until we are 70 or maybe older. Then we'll retire and, if we're lucky, return to the days when we had nothing but time to kill. Those clocks aren't just ticking; they're teasing us.

So, where do we go from here? We know there's not enough time in the day, let alone the week, the month, the year. This semester, we've already watched two months blow right past us. We can't get up any earlier, stay up any later. We can't make time, buy time, or get any of it back... Is there any solution to getting more time?

To be honest, there isn't. Time seems destined to be our elusive enemy. Whether it's kids waiting those agonizing hours before Santa comes, or college students trying to find the time to finish a paper for school. Time is just not our friend.

Well, I'll tell you; at this point, in my final semester of college, I've decided to call a truce. To make peace with time. Maybe even figure out how I can get him on my side.

It's time to make time for me. Although, I need to dedicate myself to "the man," I'm going to make sure to set aside "my time." A couple hours out of the week, where I just enjoy the moment with my girlfriend and our animals.

Time and I may never truly get in sync, but I think we can come to an understanding. And maybe we could even become friends. If you ask me, it's about time.

MAR 6 - MAR 25

WHAT YOU OTTER DO!

THURS 3/5

EXPRESSION: HIP HOP, RAP, BEATBOXING
8 P.M. - 10 P.M.

At the University Center Ballroom: Rhythmic Flow hosts a night of hip hop expression: see story on page 14

THURS 3/5

INTERNATIONAL WOMYN'S DAY
6 P.M. - 8 P.M.

At the University Center Living Room: Event to nominate and honor phenomenal womyn on campus and throughout the community: see story on page 9

FRI 3/6

BRASIL BRAZIL
7:30 P.M.

Live Brazilian music at the World Theater. Tickets \$10-\$40: See story on page 10.

SUN 3/15

THE BANFF MOUNTAIN FILM FESTIVAL
7 P.M.

At the World Theater; proceeds from ticket sales will benefit Return of the Natives Restoration Education Project

FRI 3/20

FREE ADMISSION TO AQUARIUM
10 A.M. - 6 P.M.

Monterey County residents receive free admission to the Monterey Bay Aquarium. Must bring a valid ID and proof of residence

SAT & SUN 3/26-27

LITTLE SIBS WEEKEND

Applications due 3/16; for more information, visit housing.csUMB.org/site/x23797.xml

MON 3/9

SAVE THE ARTS CONCERT
DOORS OPEN AT 6:15 P.M.

Fundraiser to feed the need for local arts; hosted by the Starving Artist Quarterly

GOT AN EVENT? LET US KNOW!

OTTER_REALM@CSUMB.EDU

WHAT YOU'LL FIND IN THIS ISSUE:

NEWS P. 6 | AQUARIUM ANNIVERSARY

ARTS P. 10 | BRASIL BRAZIL

SPORTS P. 15 | HIKING THE COASTLINE

OPINION P. 18 | AUDIOSYNCRACY

NEWS

What is Your Secret?

Alexandra Poggione, Arts & Entertainment Editor
ALEXANDRA_POGGIONE@CSUMB.EDU

There are thousands of them. Postcards, each carefully handmade by its owner, each bearing one of the crafter's deep, dark secrets. They have been sent through the mail, across land and ocean, and entrusted to the safekeeping of one man, a stranger to most. He is Frank Warren, small businessman, father, husband; creator of one of the biggest and most widespread underground art projects in the world.

PostSecret began five years ago, inspired by a vacation Warren took to France. While there, he dreamt about the project's origin and finding "answers [to life's questions] in the secrets of strangers." He made 4x6-inch, plain-white postcards, inviting

people to share their secrets of fear, lust, anger, happiness and humiliation, and hid them everywhere. Ever since, Warren has received hundreds of boldly decorated and highly personal secrets per week, 20 of which he posts on his blog every Sunday. The secrets serve as both a creative outlet and an emotional catharsis for readers and creators, and the anonymity allows people to fully express themselves without fear of retribution.

During the week of Feb. 14, Warren and PostSecret won the MySpace Impact Award for organizations making a difference. Warren asked that the \$10,000 prize money be awarded to the Kristin Brooks Hope Center, an affiliate of 1-800-SUICIDE and HopeLine, so the funds would go directly to suicide prevention. Over the years, Warren has raised more than \$75,000 for HopeLine and continues to support them today through volunteerism and pro bono promotion on his blog.

Warren became involved with HopeLine after losing both a friend and a family member to suicide. According to an

interview with MungBeing Magazine, Warren said, "Suicide's been an issue that's touched me a number of different ways. I've always been involved. In fact, starting in college I was a volunteer on a suicide prevention hotline and I still am."

Although CSU Monterey Bay (CSUMB) students can find free help, support and advice from 1-800-SUICIDE its "by teenagers, for teenagers" counterpart, 1-877-YOUTHLINE, is also nearby at the Personal Growth and Counseling Center (PGCC), located in the Health Center (Bldg. 80). "We offer much more than individual counseling services," said Gary Rodriguez, prevention specialist for the PGCC. "We also provide numerous groups, classes and workshops throughout the year that focus on promoting the health and wellness of all CSUMB students."

Anyone with a secret can create their own 4x6-inch postcard and mail it to PostSecret at 13345 Copper Ridge Rd., Germantown, MD 20874. The PostSecret blog is updated every Sunday and is located at www.postsecret.blogspot.com.

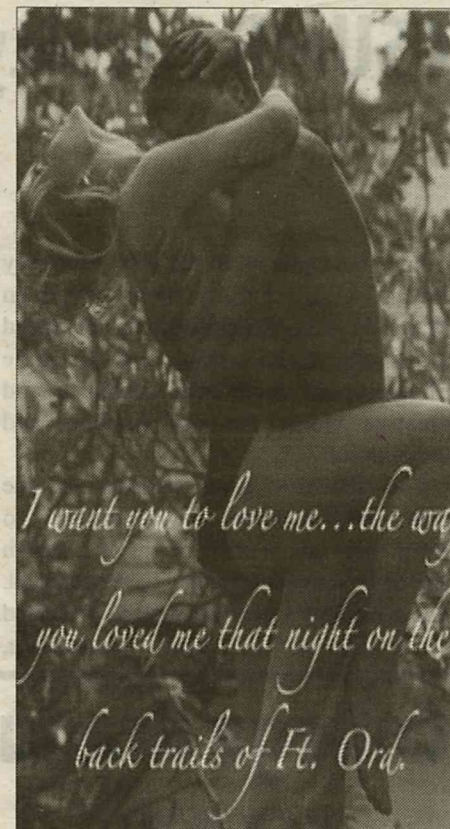


PHOTO PROVIDED BY ANONYMOUS CSUMB STUDENT

For our Furry Friends: Finding Homes and Providing Info

Kelly Beshore, Staff Reporter
KELLY_BESHORE@CSUMB.EDU

The Animal Friends Rescue Project (AFRP) is a 10 year-old nonprofit organization dedicated to finding homes for abandoned and abused animals. Unlike the Society for the Prevention of Cruelty to Animals (SPCA), no animals are ever put down at the AFRP. This dedication has lead more than 12,700 dogs and cats into safe, happy homes.

The staff at AFRP truly has a passion for helping animals. Said Hillary Havens, a student at Monterey Peninsula College, "Animals are such beautiful gifts in that they bring so much love and happiness to anyone who will take the time to receive them..."

Havens had just moved to the area when her father took her to AFRP. That day she fell in love with both a kitten named Beau and the AFRP. She began volunteering at the shelter because, "[I]



thought it'd be the perfect way to give back to the organization that gifted me with such a special companion." Havens' work at AFRP has been, she says, a great experience for her. "I love seeing the looks on people's faces," she said, "the smiles and the twinkling eyes when they've fallen

in love at first sight with their soon-to-be companion."

Not only does AFRP find homes for furry friends; they also do a lot of work in the community, educating people on proper care, providing spay and neuter programs, and offering assistance with animals that have behavioral problems.

Those interested in adopting a little companion, or helping the program in any way, can visit <http://www.animalfriendsrescue.org/>, or stop by their main adoption center off Lighthouse Blvd. in Pacific Grove.

PHOTOS BY RICKY WELSHIEMER



**ANIMALS ARE SUCH BEAUTIFUL GIFTS IN
THAT THEY BRING SO MUCH LOVE AND
HAPPINESS TO ANYONE WHO WILL TAKE
THE TIME TO RECEIVE THEM.**

HILLARY HEAVENS

OR

CSUMB Faculty Step Into the Spotlight

Lauren Scholz, Staff Reporter
LAUREN_SCHOLZ@CSUMB.EDU

Come one, come all to the CSU Monterey Bay (CSUMB) Faculty show-and-tell on March 11. CSUMB's faculty has produced a Faculty Scholarship and Creative Showcase of their own scholarly and creative works for our students and community.

This showcase gives students and the community members an opportunity to learn more about their faculty's research and the creative works they have produced. Some examples of what will be presented at the showcase are panels, presentations,

musical performances and art displays. These events will be presented in various venues around campus.

The projects are based on the faculty's own research. More than 66 faculty members from most of the departments on campus are gearing up to show off their work, which includes artists, historians, musicians, scientists, literary scholars, education scholars, interdisciplinary researchers and many others.

"There is an opening session titled CSUMB's Vision and Mission in a Changing Educational Policy Context with Christine Sleeter, Michael Scott, Juan Gutierrez, Deborah Burke and moderated by Steve Watkins," said committee member

David Reichard, "This diverse group of faculty will explore ways to think about the CSUMB vision and mission, as educational institutions face new challenges in the years ahead."

The idea of a faculty showcase came from faculty who attended the 2007 Oral History Association meeting in Oakland. After listening to one another's presentations, they agreed it would be a great idea to create a showcase at CSUMB. Peers, students and community members will learn more about the research and creative projects faculty members do outside the classroom and which are not as visible as the work they do as teachers. At the showcase, students will have the

opportunity to see another side of their professors.

"We hope students will learn more about the research and creative process from their professors by seeing the way they make that work public," said Reichard, "Moreover, if students are thinking of graduate school, attending the showcase allows them to see how scholars present their work and artists talk about theirs. Students just might discover something new about the world, enhancing the courses they are taking this semester."

College Graduates Face A Tough Market

Jayna Patel, Staff Reporter
JAYNA_PATEL@CSUMB.EDU

Graduating from college, scoring the dream job, climbing the ladder of achievement; these are dreams many college students have as they prepare to graduate. But what if there is no ladder to climb, no jobs to score. Mervyn's is gone. Circuit City is shutting down. And record numbers of corporations and companies are going out of business.

College graduates of today face a very tough job market as they plan to venture out and pursue their dreams. Some students might find their dream jobs are currently at a standstill. Or no longer in existence. Organizations are cutting down on spending by cutting positions that would usually go to newly graduated college students. "Today you just take what you can get," said Lucero Mena, Social Behavioral Science senior, as she applies for jobs at retail shops. After doing various internships for organizations in her field she finds herself applying for jobs at retail stores. "There's just no one hiring at the places I want to work," she said, "internships are good, but they don't result in jobs anymore, like many students think they will."

Jim Case, director of the Cal State Fullerton Career Center, said job hunts for new college graduates these days are "pretty challenging," with employers in a wait-and-see mode. Even with full-time internships at major corporations, students are not receiving the job opportunities they hoped to receive. Along with the negative, Case did point out a positive he sees for students. "The demographics are in their favor in the long run, even if in the shorter term there are some challenges," he said. "There may not be as many jobs now, but very soon that's going to turn around."

TODAY, YOU JUST TAKE WHAT YOU CAN GET... THERE IS NO ONE HIRING AT THE PLACES I WANT TO WORK

LUCERO MENA

Lucero Mena fills out a job application

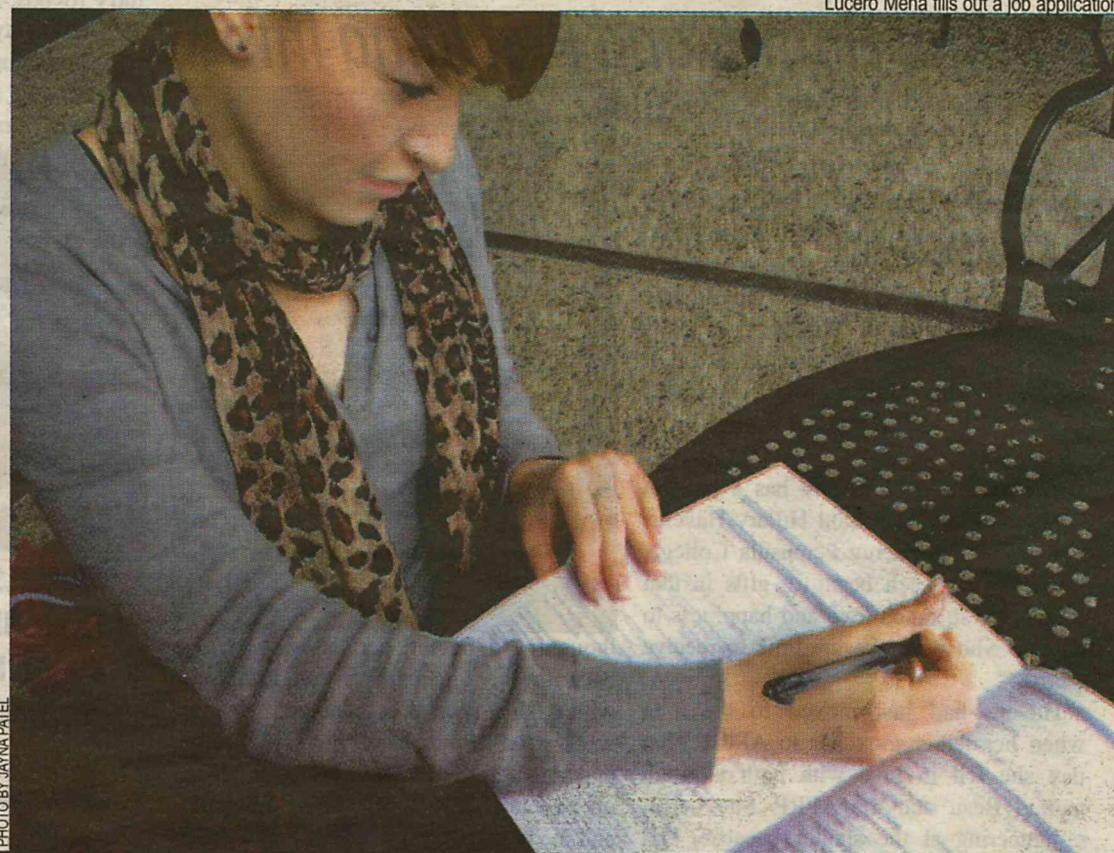


PHOTO BY JAYNA PATEL

NEWS

California's Going Green

Lucas Anthony, Staff Reporter

LUCAS_ANTHONY@CSUMB.EDU

Orange fire from a cigarette lighter ignites the green, leafy bud until it glows red-hot. As the plant life begins to smolder, the room fills with thick, white smoke. Rising toward the ceiling, the smoke settles around the plastic smoke detector. Suddenly, a loud and prolonged beep echoes throughout the room. Police and firefighters are now on their way.

Marijuana smokers living on campus at CSU Monterey Bay (CSUMB) are too familiar with this scenario. Soon, however, it may not be a problem. The *San Francisco Weekly* reported, California Assemblyman, Tom Ammiano, introduced Assembly Bill 390 (AB390) on Feb. 23 to generate an estimated \$1.3 billion for the State. He hopes to remove "all penalties under California law for the cultivation, transportation, sale, purchase, possession, and use of marijuana, natural THC and paraphernalia by persons over the age of 21."

The National Institute on Drug Abuse found an estimated 31.8 percent of college students in the United States used marijuana regularly in 2007. However, Ammiano's bill would not allow students to smoke marijuana on campus. Current California medicinal marijuana laws prohibit smoking within 1,000 ft of a school and inside or within 25 ft of a state building.

At present, CSUMB cannabis smokers are forced to indulge illegally, either off campus or on campus discreetly. "Students that do smoke, probably do so on campus because it is where they live," said an anonymous source, who now lives off campus. "Also, if done correctly it's pretty easy to stay under UPD's (University Police Department) or your R.A.'s (Resident Advisor) radar."

R.A.'s are hired, according to the CSUMB Housing website, "to provide support that assists students in achieving personal, social, and academic goals, as well as helping them to develop skills essential to productive citizenry."

R.A.'s are instructed to enforce the rules. "If I smelt marijuana in the hall, my job was to identify the source and notify UPD," said a former R.A. who wished to remain anonymous, "I was not supposed to use my own discretion."

'Green' students go to great lengths to smoke, undetected, in on-campus housing. Some tape cardboard boxes or plastic grocery bags over smoke detectors. Being cited for "tampering with public safety fire equipment is a very serious offense," said UPD Operations Lieutenant, Earl Lawson, "more serious than being cited for possession of marijuana."

According to California Health and Safety code 11357(b), any person who possesses less than one ounce (28.5 grams) of marijuana is guilty of a misdemeanor and "shall be punished by a fine not to exceed \$100."

UPD records indicate 23 citations under 11357(b)H&S in 2008 and five citations for both Jan. and Feb. of 2009. "Sometimes I think our numbers look higher than other universities," said Lt. Lawson, "because we're a residential campus, where approximately 60 percent of students live on campus."

While AB390 would not legalize smoking marijuana on campus, it might alleviate the stress of smoking for students 21 and over. As well as toning down the number of smoke alarms annoying campus residents, police and firefighters.

OR

Monterey Bay Aquarium Celebrates 25 Years

Berenice Rosillo, Staff Reporter
BERENICE_ROSILLO@CSUMB.EDU

The furry marine mammal that is the mascot of CSU Monterey Bay can be seen, “up close and personal,” through only a glass wall at the Monterey Bay Aquarium. Located on Cannery Row has attracted crowds from all the world for almost a quarter of a century, with 1.8 million people visiting each year. Throughout the years, the mission of the Aquarium has been to inspire conservation of the ocean and conduct marine science research. In celebration of its 25th anniversary, the Aquarium is offering free admission to all Monterey Bay residents on the twentieth of each month.

Cannery Row has come a long way since the days when the sardines were running, and the canneries were in full operation. The street has won worldwide

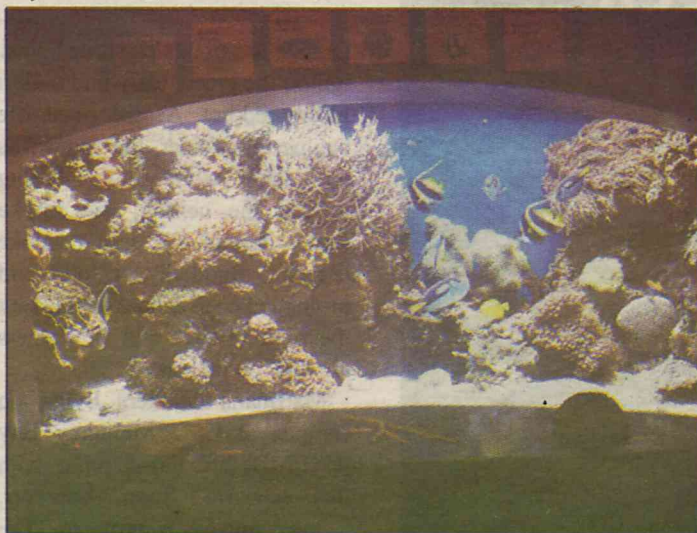


PHOTO BY BERENICE ROSILLO

acknowledgement, thanks to its beautiful scenery, tourist attractions, and a cast of characters, including legendary author John Steinbeck and marine biologist Doc Ricketts. As part of the redevelopment of Cannery Row, the Aquarium took seven years to

build at the site of the old Hovden Cannery and was completed on Oct. 20, 1984. Hovden Cannery was closed in 1972 after the sardine fishing industry had collapsed, and the market for canned squid was insufficient to support the canneries. A gift of \$55 million

was given by marine champions David and Lucile Packard, toward the development of the Aquarium.

The Aquarium has numerous displays, attracting children and adults alike, whose waiting lines wrap around the building every morning in anticipation of its opening. The two-story building houses more than 200 award-winning galleries and exhibits, 550 different species of plants and animals, a one million-gallon tank that is home to the largest community of open ocean animals in the Aquarium, and a new exhibit named The Secret Lives of Seahorses, opening in April.

“The sea is as near as we come to another world,” said award winning poet Anne Stevenson, who has had her message engraved on one of the walls in the Aquarium. Children come every day to the Aquarium and are so overwhelmed by all the amazing

creatures; they don’t even realize they are learning. The Aquarium has a way of making one feel as if he really is on another world.

The Monterey Bay Aquarium is hoping to one day be celebrating another 25 years of sea life conservation at its 50th anniversary in 2034.

For more information about the Monterey Bay Aquarium or to schedule a group tour of the Monterey Bay Aquarium, visit www.montereybayaquarium.org or call (831) 648-4800.

Student Clubs Lack Organization

Simone Thompkins, Staff Reporter
SIMONE_THOMPKINS@CSUMB.EDU

Beneath a tall white tent in the middle of the quad, the Club Showcase hummed with activity as student-run organizations from across campus did their best to bait stray Otters into university extracurriculars.

Today, Mar. 5 at CSU Monterey Bay (CSUMB), 50 student organizations showed up on the Student Activities website; although, not all of them were represented at the Club/Showcase. Among those present, however, was a variety typical of such a multi-dimensional campus. From veteran organizations, such as

Movimiento Estudiantial Chicano de Aztlán, better known as M.E.Ch.A., and the Otter Christian Fellowship, both functioning on campus since 1994, to the brand-new International Club, all groups were well-equipped with pamphlets, sign-up sheets and, of course, candy to entice the pups into their clique.

Yet chances are, these coveted showcase attendees are soon forgotten once they’ve been enlisted. Freshman and Marine Biology major Faryn Bolls expressed dismay with the club turnout of last semester. “I signed up for a couple, but they never emailed back,” said Bolls. “I don’t know what happened with that.”

Fortunately, the previous lack of response has not extinguished her interest in student activities. But this syndrome does force

the validity of CSUMB student organizations into question. Exactly how organized are the clubs on campus? And if the clubs are doing what they’re supposed to do, where’s the problem?

Kayleigh Bodan, senior and Business major, and president of the Otter College Republicans, said there is only so much a club can do to get students involved.

“Other than the leadership in our club, we don’t get too many members at our regular meetings,” said Bodan. “A lot of college students don’t want to commit their free time. If they were really passionate about it, they’d show up.”

Visibility is another issue organizations encounter. It can be very difficult to get the word out to those students still unaware of what they are missing—

the primary reason why the Club Showcase exists. Some clubs, however, have come up with alternative ways to enlist members.

“We went door to door, asking people if we could take out their trash for them,” said Ricky Perez, senior, Psychology major and vice president of the Otter Christian Fellowship. “Just something nice to do, you know?”

Other clubs have taken a more conventional route, creating Myspace and Facebook profiles to make it easier for students to keep in touch.

Regardless of who’s to blame, one thing is certain: It takes considerable dedication on the part of the organizations and the students to keep clubs and their membership up and running.



PHOTO PROVIDED

NEWS

Career Fair

Full-time, Part-time, Internship and Summer Opportunities across the Region, State and Nation

Tuesday & Wednesday 11:00am-4:00pm
April 7-8, 2009 @ UC Ballroom

Before the Fair

Prepare Your Resume

- Learn what recruiters expect from a resume in the Career Guide available at career.csumb.edu or in print in building 44
- Call Career Development at (831) 582-3845 to schedule a resume critique
- Attend the Resume Writing Workshop on Wednesday, April 1, 2009, 4:00pm-5:00pm @ UC (Bldg 29)

Just some of what you need to know about writing a resume:

Selecting a Resume Format

Chronological

- Lists your experiences in reverse chronological order-from most recent to least recent.
- Works best when your work, volunteer, and academic experience relate directly to the type of job which you're applying.
- Stresses consistency and progress in your work history.

Skills

- Lists your experience based on skill headings that highlight your most important skill areas, instead of listing by position.
- The skills themselves are the main attraction, not the where and when.
- Works best when you are trying to break into a field where you have little or no direct experience.

Hybrid Chronological/Skills

- Allows you to maintain the popular chronological format while highlighting key skills.
- Works best when there are some consistent themes to your experience (teaching, leadership, marketing, etc.).
- Employers are fond of this format, it provides them easily identifiable skill areas and a sense of your progression.

View the Resume Section of the Career Guide for More Information

Prepare Yourself

- Practice how you want to introduce yourself and quickly sell your qualifications in 1 to 2 minutes
- Be able to quickly describe your major, career interest, related experience and the type of position you are seeking
- Review the directory at career.csumb.edu for links to each participating company's website

For a more detailed version of these tips, see the Career Guide at career.csumb.edu or pick one up at the CDO

100 Campus Center
Building 44

Seaside, CA 93955

Office: (831) 582-3845

Fax: (831) 582-3093

career_development@csumb.edu

Sponsored by **Career Development**

career.csumb.edu



To schedule an appointment to speak with a career counselor call (831) 582-3845

Know safety, no injury. No safety, know injury.

Courtney Thorngate, Staff Reporter
COURTNEY_THORNGATE@CSUMB.EDU

There comes a time when students can no longer benefit from their parents' insurance plans. At this point, students need to find their own insurance. Some are lucky and able to get it through work, while others have to find an alternative way to acquire coverage. Luckily for those at CSU Monterey Bay (CSUMB), student health insurance is offered at a discounted rate.

Due to the possibility of unexpected accidents, injuries or illnesses and their relative costs, the Campus Health Center (CHC)

strongly encourages all students to carry health insurance. The CSU domestic student health plan is part of Anthem Blue Cross Life and Health Insurance Company. The CHC should be the first place students visit when sick, and then, from there, the clinic would recommend further care, as warranted.

HCOM major and junior Elizabeth Warner said, "I don't have insurance right now, and it really scares me that if anything should happen, it could end up costing me a lot of money. I plan on enrolling for student health insurance."

The insurance plan is divided

I DON'T HAVE INSURANCE RIGHT NOW, AND IT REALLY SCARES ME THAT IF ANYTHING SHOULD HAPPEN, IT COULD END UP COSTING ME A LOT OF MONEY. I PLAN ON ENROLLING FOR STUDENT HEALTH INSURANCE.

ELIZABETH WARNER

by term or provided annually, but students are covered throughout the academic year. The enrollment deadline for the spring term is Mar. 15. For students age 24 and under, the premium is \$532. Students aged 25-30 pay \$719, and students, aged 31-40 pay \$988. This plan does not include dental coverage; however, it can be purchased separately. The only apparent downfall is that payment is required in full for the term purchased. Warner added, "Health insurance is crucial to have. Do as I am and enroll; you never know what will happen tomorrow."

HCOM major and senior Jessica Diers is currently otherwise

insured but would consider student health insurance if she were not. "I have always had informative and helpful visits to the health center," she said.

The CHC provides free and discounted healthcare to enrolled CSUMB students with a student ID. The clinic is open Monday through Friday, from 8 a.m. to 5 p.m. Appointments are recommended. Students who need medical attention after hours can go to any Doctors On Duty in the area and show their ID for a discounted rate.

Striving for Sustainability

Randy Rigali, Staff Reporter
RANDALL_RIGALI@CSUMB.EDU

A cadre of conservationists on campus has decided it is time their fellow students take pride and responsibility in conserving energy on campus. "Students take advantage of not paying for the electrical bills in their

Bay (CSUMB) student has made her extra effort by teaming up with an environmental committee on campus to start the Energy Conservation Program.

The committee recently purchased stickers to be placed above light switches to remind students to turn off their lights. "The Energy Conservation

Student awareness on energy consumption is very important to the environmental committee. During Focus the Nation an educational initiative on global warming with thousands of speakers they displayed a green dorm room, which included a visual comparison of electricity usage between a regular

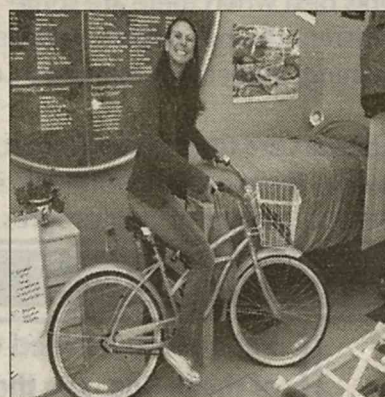
switching to a laptop and an A-Led light bulb. "We used a kilowatt reader in the dorms," said Kirkendall, "comparing the wattages of energy. The laptop conserved less energy than the light."

The Environmental Committee is always looking for student volunteers and

their lights for one hour to compare the different consumptions of energy compared to an average night. These calculations will help demonstrate the University's commitment to an eco-friendly campus.

The committee still lacks help in the areas of campus trash clean-up day yet is trying to find more volunteers among students excited about keeping the campus a clean and healthy place. Current members already volunteer and do community service, cleaning up at local beach areas. Now, they are trying to bring their work to campus, but they need student support.

Conservation begins at home. A student can take many actions on campus to sustain this earth. "Be conscious of your decisions," said Kirkendall, "because every decision you make will have a lasting impression on this earth."



PHOTOS PROVIDED BY JENNIFER KIRKENDALL

dorms and, therefore, leave lights on carelessly," said Jennifer Kirkendall, a junior majoring in Marine and coastal Ecology.

"It just takes that extra little amount of effort to hit that switch on your way out the door." The CSU Monterey

Program," said Kirkendall, "is a program on campus established to conserve energy through educational tactics such as posters on campus, student outreach and, later on providing smart strips, which are equivalent to power strips."

usage between a regular incandescent light bulb and an A-Led light bulb, as well as a comparison between a desktop monitor and laptop computer. The exercise demonstrated how much less energy students could be expending by

more committee members to help with the Energy Conservation Program. Currently they are working on putting together the "Earth Hour" on Mar. 28 during which they will encourage all students turn off all

NEWS

Worn Out Otters Crave Caffeine

Cole Mayer, Staff Reporter
COLE_MAYER@CSUMB.EDU

Students are afflicted with a socially acceptable addiction, fueled by coffee, tea, soda and chocolate. The drug gives a boost in energy, keeping otherwise tired and sleep-deprived students awake in class.

"I think caffeine can be useful, but I don't think it is necessary," said Teresa Henry, a sophomore in Biology. "Many students do become addicted to caffeine, and actually go through caffeine withdrawals. I, personally, try not to rely on it to be able to get work done but will have an Americano every once in an all-nighter." Indeed, caffeine seems to be the stimulant of choice to keep students alert throughout the day. And both the Otter Express and the Extended Hours Café sell plenty of caffeine.

"Judging by the long lines at Peet's, and how often I see people drinking coffee in class, I think students are very dependent on it," said Emily Fannuchi, a sophomore in World Languages and Culture.

The Extended Hours Café serves some 700 customers during the week. "About 75 percent buy coffee and a snack," said Jessica Grijalva, supervisor of the

café. However, there are only about 200 customers during the weekend, suggesting students don't seem to need the boost on weekends, or students go off-campus to get their caffeine.

The opening of the Extended Hours Café has made it much easier for students to get their fix on the way to class. "I do see plenty of students who I'd call 'Repeat Offenders.' Certain people go every day, and others like me, only drink coffee when they feel like they're starting to crash," said Patricia Zeider, freshman in World Languages and Culture, and a worker at the café.

These repeat offenders could be feeling the consequences of addiction. According to a 2000 study by Roland R. Griffiths of Johns Hopkins University and Geoffrey K. Mumford, the addiction can cause a tolerance, especially at high doses. On the other hand, withdrawal can cause headaches, drowsiness, and decreased work efficiency. Other studies have shown the addiction can cause high blood pressure and birth defects in pregnant women.

With the easy availability of caffeine infused beverages, not to mention the cache of chocolate bars in vending machines across campus, it is small wonder that many students are addicted to caffeine.



PHOTO BY WESLEY CLARK

International Womyn's Day Comes to CSUMB

Elizabeth Breault, Staff Reporter
ELIZABETH_BREAULT@CSUMB.EDU

Imagine a day devoted just to women, an event so important the spelling has even been changed to "womyn." On Thursday, March 5 International Womyn's Day comes to CSU Monterey Bay (CSUMB). This event will honor phenomenal women, and is sponsored by CSUMB's student sorority Theta Alpha Sigma. "This is a day when we are acknowledging women and how important they are," said Mendoza, "without having to depend on men." The event will be co-sponsored with the Young Women's Christian Association of Monterey County,

whose slogan is "eliminating racism, empowering women."

"We will be having a ceremony for women on campus and in the community who have been nominated for being phenomenal," said sorority member Yolanda Mendoza. The women will receive recognition and a special gift for their impact in the local community. "What stood out was they're all about empowering women and pushing forward with community interests, and all very local," said YWCA Development Director Lisa Raville.

Many women who are nominated "do so much behind the scenes for women,"

said Raville "and we felt it was important to recognize the people that don't normally get recognized." For example, Mia Ferreira, the program director for Dorothy's Kitchen, has been nominated. Ferreira also set up the Women Alive, which is the only emergency shelter for women in Monterey County.

There will also be guest speakers at this event, including Rukiya Droste, a volunteer at the YWCA, and former victim of domestic violence and abuse. She will be discussing the incidents that have lead her to where she is now, and help make sure it doesn't happen to other people in the community.

International Womyn's Day will be held at the UC Living Room, from 6 to 7:30 p.m. on Thursday, March 5.

**THEY'RE ALL ABOUT
EMPOWERING WOMEN AND
PUSHING FORWARD WITH
COMMUNITY INTERESTS**

OR

Brazilian Heat Wave Hits the Ord

Caitlyn Johnson, Managing Editor
CAITLYN_JOHNSON@CSUMB.EDU

Toucans gawking in the trees, coconuts hanging waiting to drop over head, the sun beating down on the glistening waves, and palm trees waving in the wind with the rhythmic sound of percussion beating in the background. Yellow, green, blue and white will frame the stage. The colors will represent the national flag of Brazil. Lyrics will be sung in a language not usually heard in the United States. The lyrics will reflect the popular culture of the South American country.

Ana Gazzola and Sonia Santos, as well as four other musicians, will be performing their show "Brasil, Brazil" at CSU Monterey Bay tomorrow Mar. 6 and bring entertainment and cultural education to the stage. Gazzola and Santos will sing while the other members will accompany them by percussion, bass, and keyboard. The music is a mix of many different styles including Brazilian, jazz, pop, rock, and funk.

Santos has been performing for 32 years. Her career began when she was the star of "Brazilian Follies" at the Hotel National in Rio de Janeiro. From there, she produced her own show, "Brazilian Summer." Santos has performed her music in six different countries.

Gazzola has been singing since she was 5. She started her career in an opening act for Brazilian singer Lucho Gatica. She then headlined for the show, "CALIGULA" a jazz club in Brazil for three years.

The other musicians are very young, bringing a new and talented vibe to the group. "We like to introduce young musicians," said Gazzola, "They have a lot of energy." Some of these musicians have played with Prince and Enrique Iglesias, Jr.

In 1994, the duo performed at the final game of the World Cup soccer tournament in the United States, a game which Brazil won, making for a very exciting event. That year Gazzola and Santos decided to create Brasil, Brazil. They decided on the name because the first Brasil is for the way they pronounce their home country, and the second spelling is for the name everyone else calls it. The name brings in the culture of the music.

The show will introduce the Brazilian culture, including information about Brazilian music. "Brazilian music has become so popular in the United States," said Gazzola. The group will show demonstrations of music from different locations in Brazil and different styles in Brazil. "They will have a lot of fun," said Gazzola she added it is fun to watch the energy on stage. The performance will show what Brazil is about through music.

Date: March, 6
Time: 7:30 p.m.
Location: CSUMB World Theater
Cost: \$40 premium seating, \$30 general seating, \$15 students
Purchase: Call (831) 582-4580, CSUMB box office, online at csumb.edu/worldtheater

World Theater Performing Arts Series

2008-09 Season

Brasil Brazil

Live Brazilian Music

Ana Gazzola and Sonia Santos deliver with their five-piece band the enthusiasm and excitement of Brazilian music tinged with jazz, Latin and African rhythms

Friday, March 6,
7:30pm



CALIFORNIA STATE UNIVERSITY
Monterey Bay

831.582.4580

csumb.edu/worldtheater

Tickets from \$10-40. Group rates available at a discount! Call the Box Office for more information. For disability related accommodations, contact the World Theater Box Office.

ARTS & ENTERTAINMENT

Spend St. Patrick's Day Near Monterey Bay

Marc Russo, Staff Reporter
 MARC_RUSSO@CSUMB.EDU

Despite the recession, students feeling the pinch on St. Patrick's Day can still celebrate the holiday without having to give up all the green in their wallet.

St. Patrick's Day has transcended from the original religious holiday, significant to Irish Catholics, into a day, celebrated by people around the world. March 17 falls in the middle of Lent and is seen by some as a one-day break to the vices sworn off during the season. But to others, it is simply a day to let loose and go green.

Students in the mood for a little drive up the coast might consider San Francisco, which is hosting the city's 158 St. Patrick's Day Parade and Festival on Mar. 14. The Festival is free for all ages and will be held at the Civic Center Plaza from 10 a.m. to 5 p.m. Expect food, games, music, art and cultural displays. The parade starts at 11:30 a.m. and goes from Market Street to the Civic Center via McAllister Street.

If in Santa Cruz, check out Rosie McCann's Irish pub and restaurant. A big hit with locals, their success has warranted a second venue in San Jose.



PHOTOS BY JENNA RANSOM

Closer to CSU Monterey Bay (CSUMB), downtown Monterey offers several pubs. Among them, The Crown and Anchor on Franklin Street is not planning to offer any drink specials but will have bagpipers coming through and expects to have standing room only. A hotspot for locals, the pub was recently voted the number-one pub in Monterey County.

A block away is the Britannia Arms Pub, on Alvarado Street. The pub, owned by Paul Whitecross, is home to more than 20 beers on tap. For the St. Patrick's Day holiday, the restaurant plans to offer a traditional Irish menu with drink specials starting later in the evening. Although there are no true Irish pubs in Monterey, Whitecross said, "We're all Irish on St. Patrick's Day." Pair an Irish beer with Ballymaloe Irish stew served with soda bread, or the corn beef and cabbage braised in Guinness. The restaurant plans to host with bagpipers and karaoke for listening entertainment.

Irish or not, Tracy Ellerd, junior and Kinesiology major, plans to toast the day. "I don't know," she said, "I just want to drink green beer." However CSUMB students celebrate St. Patrick's Day, it promises to be one of the busiest nights in downtown Monterey. Most importantly, be safe and don't get caught without a little something green.



OR

Bay Inspires Local CSUMB Singer

Berenice Rosillo, Staff Reporter
BERENICE_ROSILLO@CSUMB.EDU



PHOTO BY BERENICE ROSILLO

To some, a warm cup of coffee and little live music is the best way to relax after a long day. Global Studies Major and junior Amy Snyder gave them what they wanted at the Alternative Café in Seaside on Feb. 26. Snyder, who has been singing since she was little, moved from Los Angeles to the Monterey Bay area last fall.

Moving away from home and replacing it with Monterey provided Snyder with inspiration and growth for her music. "I think its the atmosphere here" The people seem to be more open, more in control of their own lives and willing to make a difference" she said

After Snyder moved to the Bay area she met her neighbor Steve Leverman in the laundry room of their apartment complex. Together, they started their own band although they still haven't decided on a name "Our band is taking over the world by 2012 said Leverman "our band is unconquerable." The band has written and composed many songs

which they have played live, and they have begun to record a few of them. It seems many can relate to their songs, which range from love to drunken dreams and even running away. They've been together for a few months and have developed their own acoustic blues/rock sound that can be heard on Snyder's webpage, www.amysnydermusic.com.

Although Snyder had been performing locally in the Los Angeles area for years, this was the first time she sang and played her guitar in front of an audience in the Monterey Bay area. After her performance ended, the audience was more than pleased with what they heard from the duo. One local fan, Corinne Cox stated that, "(about the band's music,) "It is highly representative of the veracity of love, life and trauma that results from either"

Keep an eye and ear out for the talented voice of Amy Snyder who will be performing locally from time to time in the Monterey Bay Area.

New Sushi, Cooked Economy.

Kevin Clark, Staff Reporter
KEVIN_CLARK@CSUMB.EDU

Sushi and college have long been a marriage of cuisine and compatibility. Online dating sites could not initiate a marriage this perfect. It's a relationship discovered by and grounded in raw love, wasabi and finger-obligated foods. Perhaps it was this raw love that prompted Woo to open his sushi bar.

Opening his restaurant in a sour economy did not trouble Woo, owner of Harumi in Seaside. Instead he seemed nearly confident. Business is not slow but, "when advertising and training employees is finished," said Woo, "things will pick up."

Woo moved to the Monterey Bay Area from Santa Cruz in Dec. and opened the doors to Harumi and it's authentic Japanese cuisine early in Jan. Before Santa Cruz he hailed from Korea where he was born and raised. He seems relaxed in his new establishment, and it is easy to see he loves Harumi. Behind the bar he assembles and prepares raw masterpieces

It didn't take long for CSU Monterey Bay (CSUMB)



students to find the sushi bar. "CSUMB students," said junior and Kinesiology major Katie Bos, "come pretty frequently, mostly as big parties." Katie is one of three CSUMB students earning wages at Harumi.

The décor upon entrance provides a simply Asian, but homey ambiance. Large windows offer loads of natural illumination above booths lining the walls. The sushi bar itself is made of naked polished wood

Once guests are greeted and seated at the bar, the meal starts with

lightly salted, unpeeled edamame beans, and beverage of choice. The menus are uncomplicated with pictures to assist with every offering. Once an order is placed, sit back and observe the clean, smooth art of creating sushi from simple ingredients.

Close to the school, Harumi offers a wide variety of rolls ranging from \$3 to \$20. It is easily found at 1760 Fremont Blvd. in Seaside and it seems to be surviving in this current economy.

PHOTOS BY KEVIN CLARK



ARTS & ENTERTAINMENT

Spring Break in the City of Angels:

College Student Road Trip

Bre'Aja Bruce, Staff Reporter
BREAJA_BRUCE@CSUMB.EDU

Loud nights in hotel rooms, wandering through a new city, and beer for breakfast; the good ol' college road trip. Vacations with friends are among the most memorable activities a student can while in college. With no real job to hold you back, no big expenses to get in the way, and no parents to tell you no, you can just jump in the car with some friends and go. And with spring break on its way and boredom on the rise, this will be the perfect cure to the Monterey blues.

Living up north, it is nice to take a break and go down south. Los Angeles (LA) is the city that has it all. This jam-packed, fast-paced city offers the perfect college road trip. After only five hours on the road, the city awaits with something for everyone.

This world-famous city is a wonderland of activity, and most of it can be done for free, or for relatively cheap. Those who are into a funkier scene can go hang out at Venice Beach and browse the shops or take in some sun, and

then head to downtown for some of the best shopping deals around. These places are a little rough around the edges but definitely hold the urban city vibe.

Hollywood also offers a great feel. The landmark sign, and the multi-million dollar houses atop the surrounding hills are great places to get lost in and stage some photo ops.

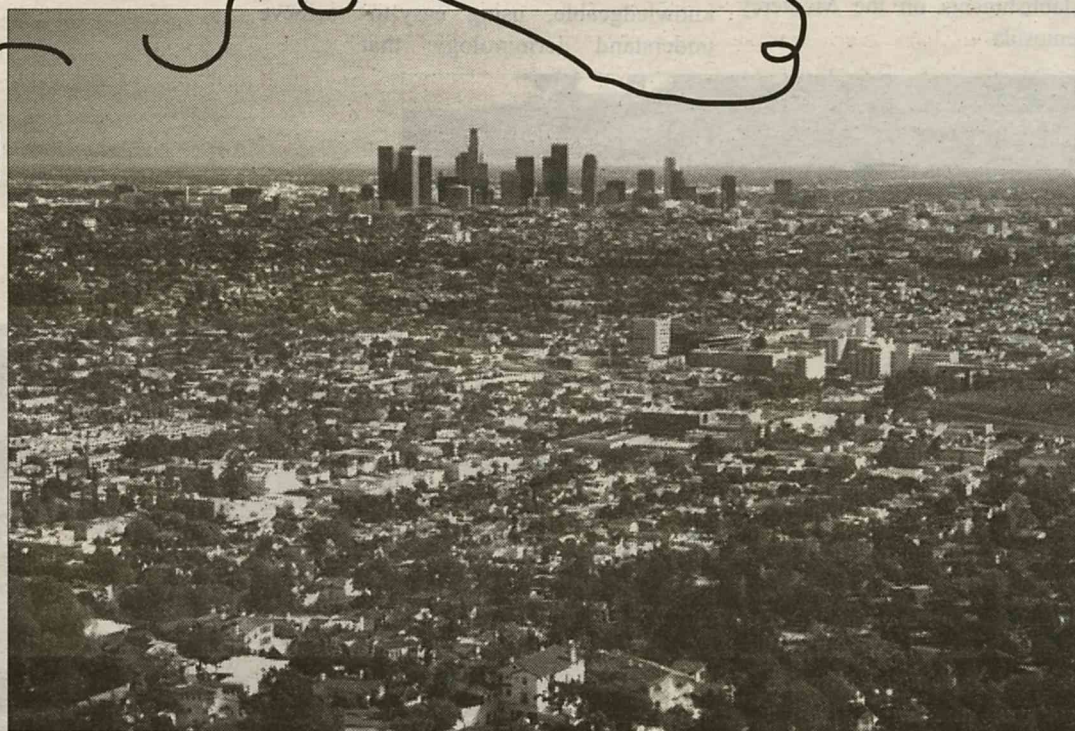
Then cruise on over to Santa Monica Beach with its carnival on the pier, or visit the giant Amoeba music store and cool shops that surround it in West Hollywood. Stop in and get a tattoo at LA Ink, eat at some obscure-themed cafes, or browse the stores along Rodeo Drive.

LA is the biggest city in California and has some of the best nightlife in the state. Streets like Sunset Blvd. are packed with popular nightclubs, and many dive

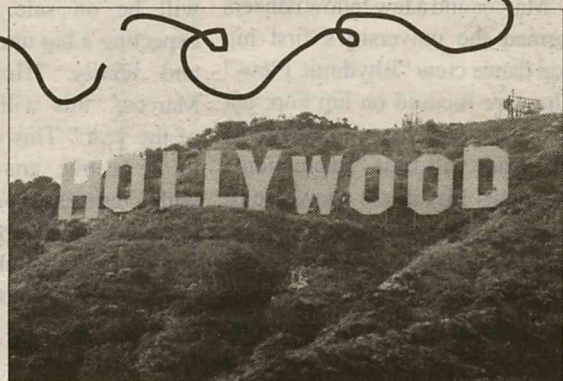
bars line the back streets. This is a great place to let loose and party with some friends.

When it's time to shut down for the night, a small motel near Hollywood Blvd. probably offers the best deal, around \$100 a night. It's a good price and still in the City. Plus, the nearby Walk of Fame is a good place to walk to and explore with friends once the bars close; this strip never disappoints at any hour.

Spring Break in the City of Angels will be the perfect way to recharge your batteries for the school months to come.



PHOTOS PROVIDED



OR

Passionfish Restaurant:

Sustainable Eats for a Special Occasion

Simone Thompkins, Staff Reporter
SIMONE_THOMPCKINS@CSUMB.EDU

For some, high-end seafood is a luxury with all the implications: snooty waiters dressed to impress, and a tab to clean out the pockets of a college student. But Passionfish has made it their goal to show high quality does not necessarily equate to high prices.

Passionfish is the brainchild of Cindy and Ted Walter, two residents with roots stretching deep into Monterey soil. Although the husband-wife duo had initially pushed retail-priced wine as their main marketing strategy, their commitment to environmentalism has distinguished their restaurant as one of the most eco-friendly establishments on the Monterey Peninsula.

Passionfish is not, however, just a catchy name. Everyone working there takes food and wine very seriously. Servers are expected to do homework on a regular basis, researching everything from the source of a particular fish to the taste, quality and appropriate color of an obscure wine.

"When [the chef] brings in a new mushroom, we're not just like, 'Oh, okay, some mushroom'," said Passionfish Manager Chrystal Lyke. "We really have to know what he's talking about."

Good thing, too. Reading Passionfish's extensive wine menu can be as intimidating to wine novices as War and Peace is to kindergartners. Fortunately, all of the servers are incredibly knowledgeable, using easy-to-understand terminology that

satisfies both wine aficionados and those fresh on the circuit. Their proficiency dramatically enhances not only the meal but the quality of service.

However, what makes this place seem particularly special is the close-knit atmosphere created by a cooperative, eager staff and casual clientele.

"My husband is the chef; I run the front of the restaurant," said owner Cindy Walter, "We're really, really hands-on."

The Walters' level of involvement shows. Despite being on the classy side of Pacific Grove dining, it's a casual environment, a place where to feel comfortable in jeans and a sweatshirt. Walter insists that's what they want to achieve

Urban Expression

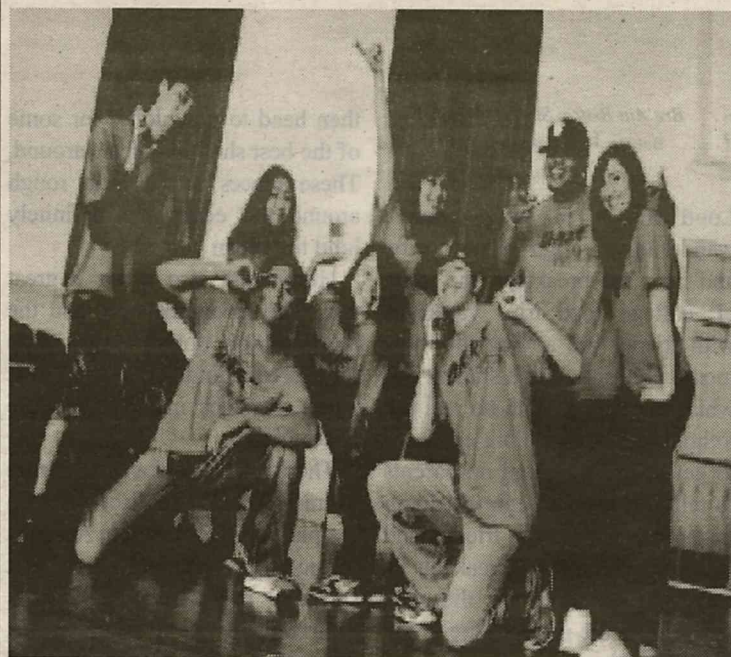


PHOTO PROVIDED

Nicole Jones, Staff Reporter
NICOLE_M_JONES@CSUMB.EDU

Shines like Gold; he is a really hot DJ."

True dancers sense the beat in their hearts and let both direct their movement. It is all about self expression. Christopher Marcos, a Visual and Performing Arts major and a fourth year at CSU Monterey Bay wanted to express himself the best way he knew how, by starting his own dance troupe.

"I saw that there wasn't a hip hop dance team here," he said, "so I decided to start one."

Marcos and a few fellow dancers formed the university's first hip hop dance crew "Rhythmic Flow." They are focused on hip hop, but have an openly diverse dance style. The team will host "Expression": the teams first dance showcase of the year. The event will present the sounds and shake of hip hop, rap, beat boxing, and spoken word.

"There will be local hip hop crews," said Rhythmic Flow dancer Alfredo Davila, "one of them being the DSR crew and DJ

This event will be held in the University Ballroom at 8 p.m. March 5th and is open to the public. "We have had opportunities to perform at basketball games," said Marcos, "but those are about pleasing the crowd; Expression is not all about pleasing the crowd. It is more personal; it is about showing all of our talents and all of our style that we bring to the table."

This event is free and T-shirts will be on sale. The team is expecting a big turn out of friends and family. "Hopefully," said Marcos, "this will be the event of the year." This event promises to be a true arts extravaganza, with intermission performances by local poets, singers, and rappers. For more information about this event contact Christopher Marcos via First Class.



PHOTOS BY SIMONE THOMPCKINS



ARTS & ENTERTAINMENT

Hidden Treasures on the Central Coast

Kristin Leal, Staff Reporter
KRISTIN_LEAL@CSUMB.EDU

The Central Coast provides an enchanting escape. Having a lavish thirst for the undiscovered, the magical Pacific coast is just miles away from CSU Monterey Bay whether traveling north or south on Hwy One there are several state parks worth visiting along the way.

Heading north from Santa Cruz, Año Nuevo State National Reserve is nestled into the coves between rugged cliffs. The Reserve voices a constant echoing of snarls and mumbles of elephant seals. This spot offers a special opportunity to witness the enormous elephant seals in their habitat. Overlooking the vast blue horizon, the dusty trail leads to the dunes where the

seals blend into the sandy mounds. The seals can be seen breeding in Año Nuevo from Dec. until March, and the pups stay behind until April. The trails throughout the Park offer vast views of tall cliffs that shoot out of the ocean.

An additional adventure starts by heading south of Monterey on Hwy One to Pfeiffer Beach, which is 23 miles past Carmel. This secluded beach awaits at the end of a winding road through the damp forest just across from the entrance to Big Sur State Park. The beach is effortlessly accessed by a short sandy trail. Rock islands scatter in the foam of the surf. Small caves and rock windows are visible in these rock formations. The white grainy sand is marbled with red and black silt which creates unique textures and colors for photography. Sunsets in the cove ignite the horizon with a surge of orange that blends into sheets of pink across a dimming blue sky.

Continue 14 miles south to reach Julia Pfeiffer State Park, more exploration waits. Tucked away from the usual tourist spots, this hiking site has a handful of scenic trails. The overlook trail winds around a tropical cove of turquoise, bisected by the dramatic McWay Falls. As the wall of earth erodes into the mouth of the ocean a river falls off its edges

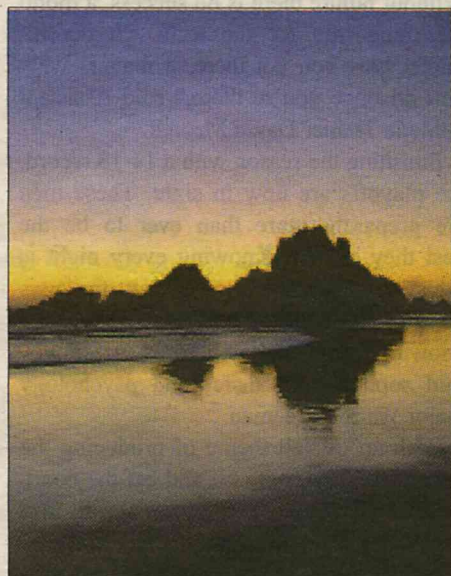


PHOTOS BY KRISTIN LEAL

and drops hundreds of feet and mixes with salty waters. Completely escaping into the moment as nature submerges through the body. "Due to fire, mud, and erosion, many of the trails East of Hwy One are closed," said CL Price from the California State Parks. Trails on the west side of Hwy One, including the McWay Falls overlook, the legendary Partington

Cove, and the environmental camp sites are all open.

As classes are going strong, and finals are in sight any escape brings relief. The surrounding areas offer a submersion into the outdoors. The Central Coast of California has many hidden treasures that wait for the adventurous, here in the Monterey and Santa Cruz Counties.



The Sun sets over Julia Pfeiffer State Park

Zumba Time

Claire Crosbie, Staff Reporter
CLAIRE_CROSBIE@CSUMB.EDU

Songs are bumping, sweat is pouring and smiles are quickly appearing. This is exactly the result Alberto "Beto" Perez, creator of Zumba, had in mind. Zumba, Spanish slang for "to move fast and have fun," is a fast-paced Latin dance-based exercise program growing in popularity among both genders and age, size or ability. This "fun" exercise has danced its way up the work-out charts, and the Peninsula is no exception. Those who are not afraid to break a sweat to the beat can try it out at many locations in the Monterey County.

Zumba is more than exercising; it is dancing. Examples of the Latin dance styles incorporated in a Zumba class are merengue, salsa, reggathon, samb, and

cumbia. Some Hip-Hop is infused as well. As the pace of each set of choreography grows faster, the heart rate increases. In a Zumba class, cardiovascular activity and core training are combined, sculpting the body and burning calories.

Catalina Reyes instructs Zumba classes at CSU Monterey Bay in Building 93. Currently students are moving to the beat Tuesday's at 6:15 p.m. to 7:15 p.m. and Wednesday's at 6 p.m. to 7 p.m. Among some other various places offering Zumba are Carmel Valley Athletic Club (CVAC) and the Monterey Sports Center (MSC). "Zumba classes have been very popular with all levels of fitness. It attracts those who are not motivated to work out and need the 'fun' component to exercise," said Lauri Ataide, MSC Zumba instructor. What attracts people to Zumba could very well be the promised results. According to zumbafitness.com, Zumba can burn up to 1000 calories, depending on the pace.

"Zumba works out every body part," said CVAC instructor Terri Golden.

MSC offers Zumba from 10:30-11:30 a.m. Tuesdays and from 4:15-5:15 p.m. on Thursdays. Also, Zumba Extreme (mixed with martial arts) is available on Wednesdays at 8 p.m. and on Sundays at 3:45 p.m. Monterey residents can take the class for \$9.50 or \$10.50 for non-residents.

Zumba at CVAC is offered on Tuesdays and Thursdays from 5-5:45 p.m., Wednesdays from 1-2 p.m., and on Saturdays from 12-1 p.m. It is free with membership or \$20 per class.

OR

Road to playoffs: *The CSUMB Men's Basketball Team*

Alisha Thomas, Sports Editor
ALISHA_THOMAS@CSUMB.EDU

For the CSU Monterey Bay (CSUMB) Men's Basketball team, the journey to the California Collegiate Athletic Association playoffs has been jam-packed with new experiences, rough roads and heart-pounding triumphs.

Robert Bishop, head coach of the men's team, arrived on campus in June 2008. Entering a program after coming off of a successful season—they were the first Men's basketball to team to make it to the playoffs in the history of CSUMB Coach Bishop changed the program by implementing his successful style of coaching. "I try not

**A WINNER IS SOMEONE WHO
RECOGNIZES HIS GOD-GIVEN
TALENTS, WORKS HIS TAIL
OFF TO DEVELOP THEM INTO
SKILLS, AND USES THESE
SKILLS TO ACCOMPLISH HIS
GOALS.**

LARRY BIRD

to take myself too seriously," said Coach Bishop, "but one thing I do take seriously is I want these guys to graduate. I want them to be productive members of society. I don't want guys to come here just to play basketball."

Coach Bishop began building the foundation of the men's basketball program, and his commitment to 'team' in every way has contributed to their success this season, "He has connected with the campus and the surrounding community in such a way that it has created excitement," said Stephanie Duke, associate athletic director, "and people want to be involved in what he is building here."

This year's team worked to change the culture of the athletic arena by motivating people to come out to the games, supporting their fellow athletes competing in other



Coach Robert Bishop offers guidance to his team

sports, and maintaining a positive image on and off the court.

Heartbreaking losses to teams such as San Diego State and Humboldt State universities kept the team hungry for more. Without failure there is no success, a motto that rang true for the team. "It doesn't matter how you got there, it matters what you do once you're there," said Assistant Athletic Trainer David McNeil.

Finishing the season with a 14-13 record, the playoffs are now in sight. These men are preparing more than ever to be the best they can be. Knowing every night is a battle, as coach Bishop puts it, the guys hope to "end the season with no regrets, knowing we played as hard as we could," said sophomore transfer and psychology major Warren Freeman.

With an overall theme of producing the best of the best, both on and off the court, these athletes seem to have set a firm foundation for next year's team.

As the legendary Dr. Seuss once put it, "You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose." The 08-09 CSUMB Men's basketball team seems to be heading down the path of success.

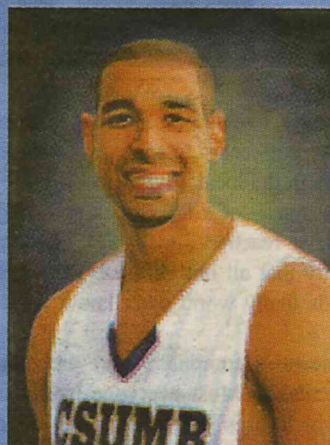


PHOTO PROVIDED BY BENJAMIN MAYBERRY

SPORTS

ATHLETE OF THE ISSUE:

Hayley Alaniz, Staff Reporter
HAYLEY_ALANIZ@CSUMB.EDU



JOE MITCHELL

SENIOR

#33

POSITION: POWER FORWARD

HEIGHT: 6'4"

POINTS SCORED: 265

FREE THROWS: 65

TOTAL REBOUNDS: 227

Kevin Garnett, whether with the Minnesota Timberwolves or the Boston Celtics, is an active player, who has scored more than 20,000 career points. Bill Russell is a defensive legend with the Celtic's 1960s dynasty. Charles Barkley, a.k.a Sir Charles, made headlines with different teams and achieved awards such as Most Valuable Player and an Olympic gold medal, and was named to the Basketball Hall of Fame.

All three athletes are NBA legends, and all of them have been influential to and idolized by CSU Monterey Bay's (CSUMB) senior and kinesiology major Joe Mitchell. A power forward for the CSUMB men's basketball

team, Mitchell has been playing ball for 14 years.

This veteran CSUMB basketball player has played 99 games during his four years on campus and started in 69 of them. Aside from the hundreds of points Mitchell has racked up during his career with the Otters, he has taken away more than statistics. "The camaraderie [is important], being around the fellas and hanging out," he said, "Not just playing together."

Not only was Mitchell able to find passion for the game through the likes of NBA legends, but also through a heavy influence from his father, a retired professional athlete and girls' basketball coach. Mitchell has been around basketball his whole life.

Fortunately for CSUMB, this knack for basketball stuck with Mitchell. Memories of

playing games in Hawaii, going into quadruple overtime against Humboldt State University his sophomore year, and the comeback at CSU Dominguez Hills will remain some of the greatest experiences Mitchell will take with him when he graduates.

With the season coming to an end, Mitchell is looking forward to competing against California State Polytechnic University Pomona. Mitchell has high hopes for play-offs and thinks the team has a good chance of competing in the championship. "It's the best team since I've been here," Mitchell said. "We've only been eligible for two years to make the play-offs and have the best shot."

Planning to play overseas after graduating from CSUMB, Mitchell will continue to "have fun and enjoy [basketball]."

Divva's BEAUTY STUDIO



• **\$25 Haircut with valid student ID**

• **Complimentary eyebrow shaping for students with an appointment for full color or highlights**



• **Staff & Faculty of CSUMB always receive a 20% discount on all services**



3170 Del Monte Blvd
Marina, CA 93933
(831) 384-8583

Discounts valid only with appointments booked with Wendy Burke

Otters At Play

Men's Baseball

3/7 vs Cal Poy Pomona (DH)
3/8 vs Cal Poly Pomona (DH)
3/10 @ Cal State East Bay
3/13 vs Sonoma State
3/14 vs Sonoma State (DH)
3/15 vs Sonoma State
3/20 vs Academy of Art University

Women's Softball

3/6, 7 & 8 vs Cal State San Bernadino (DH)
Seawolves Invitational 3/13-3/15
@ Rohnert Park CA
3/20, 21, & 22 @ Humboldt State (DH)
3/27 & 28 vs Sonoma State (DH)

Men's Basketball

3/6 Semi-Finals -TBA
3/7 Finals - TBA

Water Polo

3/6-8 Cal Lutheran Spring Water Polo
Tournamnet, Thousand Oaks, CA
3/12 vs University of Notre Dame
3/14 @ Santa Clara University
3/15 @ Cal State Easy Bay
3/17 vs Universiy of Maryland

Men's Golf

3/16-17 Otter Invitational

Women's Golf

3/23-24 InterWest Chico State Invite

**DH denotes Double Header

OR

Jayson Blair: To Tell The Truth

Karen S. Eggeman, Staff Reporter
KAREN_EGEMAN@CSUMB.EDU



New York Times reporter Jayson Blair broke more than stories. He broke rules. He broke trust. "[He] repeatedly violated the cardinal tenet of journalism, which is simply truth," wrote the Times at the time of Blair's required resignation in 2003. He wrote falsely about emotionally charged moments in recent history, revealed the newspaper, from the deadly sniper attacks in suburban Washington to the anguish of families grieving for loved ones killed in Iraq.

"I left The Times," said Blair, via email, "most simply, because I was caught."

As a student of journalism, I ask myself with every pen stroke, "Am I telling the truth?"

So, no matter what the antecedent to his confession, learning Blair only left The Times because he was caught inspires me to attempt to find truth or honor in anything the former Times reporter says.

Presenting one's own work is revered and required at CSU Monterey Bay (CSUMB). According to the university website: "Plagiarism is stealing and is a serious academic offense that can result in expulsion from the University." It also can result in dismissal from a professional organization, such as the highly recognized bastion of journalism, The New York Times. This is what happened to Blair, who "fabricated comments . . . concocted scenes . . . lifted material from other newspapers and wire services," reported the Times. "He selected details from photographs to create the impression he had been somewhere or seen someone, when he had not."

Catherine Mathis, senior vice president of Corporate Communications with The New York Times Company says she is unaware of anyone at the newspaper who is in touch with Blair. He has not written for the Times, she said, since he resigned.

In an e-mail interview, Blair says he feels he "was born with the curiosity, energy, drive and tactical information-gathering skills to be a great reporter." However, lacking the boundaries needed to be scrupulous in the profession is what prevented him keeping his job at The Times.

Blair insists he has "become more disciplined, strategic, thoughtful, compassionate and ethical than [he] had been in the past." One can only speculate if he is being forthright.

Founding faculty member at CSUMB, Professor Qun Wang, said, "Going to college is not just about pulling good grades and having a good time. It's also about learning to become a good citizen. Academic honesty and integrity are all part of our curriculum and education."

Plagiarism, says Wang, "reflects a person's character, and it goes against the whole academic philosophy that the very foundation the academic world is built on."

Blair says he is finally in touch with himself. But the "curse of not having boundaries" is why he cannot be a journalist. And why he shouldn't.

OPINION

Integrity Left Behind

Megan Luna, Staff Reporter
MEGAN_LUNA@CSUMB.EDU



Once considered baseball's golden boy, Alex Rodriguez's reputation has taken blows since he admitted to using steroids. With impressive numbers and being the youngest player ever to hit 500 home runs in his career, he has lost more than just fans; his role as a hero is in jeopardy. Although the light has been shone on Rodriguez for his use of steroids, 103 other athletes tested positive for use in the same year. This period in baseball is coined the "steroid era".

Myself and many avid baseball fans feel steroid users should not be eligible for the Baseball Hall of Fame. A place where the best of the best are remembered and honored, the Hall of Fame is where some of our great heroes earned their place fairly. With more and more players admitting to using banned substances, it seems as if the integrity of America's greatest past time has been ripped away. Several of the biggest single-season and personal records have been broken during the past decade, only to be discovered they were under the use of steroids.

Athletes are taught to approach the game with honor and respect, not only for the game, but for one's self, as well. In my eyes it becomes difficult to award and give credit for the success and accomplishments to anyone who has cheated.

Even more than his achievements, Rodriguez, known also as A-Rod will always have a dark cloud shadowing his name, and will always be known as a guy who admitted to using steroids.

This sends a sad message to our youth, who look up to some of these athletes as role models. Although, A-Rod's recent confession was just one more episode in the drug-riddled annals of big-league baseball. Surely by now, much of the baseball audience has grown weary, if not accustomed to the news of drug use, thanks to Mark McGwire, Barry Bonds and other drug-pumped athletes.

Yet to others, the news of more and more athletes falling prey to steroid enhancement goes straight to the heart of what faith environments and parents teach their children about moral behavior. It has become an uphill climb to teach children good values and fair play when some of their heroes continue to exhibit poor behavior.

Audiosyncrasy: Mom and Pop Just Lost Their Shop

Brennan Mitchell, Staff Reporter
BRENNAN_MITCHELL@CSUMB.EDU



Five days, four days, three days, two days, tomorrow. I used to love waiting for my new favorite record to come out in stores. As a little kid, I spent hours in the local Tower Records shop, rummaging through endless seas of CDs, Tapes and Vinyl records. However, we have reached a new age of music technology and accessibility that all but eliminates the need for such treasures. My kids likely won't even know what a record shop is.

When listening to music on a computer, there are many different types of files available. Most everyone has heard of MP3 downloading, which uses extremely compressed versions of audio files, making it easier to store music on a computer. However, the quality lost in the process makes it much less enjoyable than listening to music straight off of the CD itself. The challenge is to come up with a quality and legal way of accessing favorite music on the computer?

The Apple program iTunes is currently the front-runner in online listening technology. iTunes enables listeners to store all of their music in one program, as well as purchase music right off of their database, sending it straight to the computer with no plastic wrap or sticker.

For the Mom and Pop local record stores I used to enjoy when I was little, it's not good news. Bob Gamber owner of Vinyl Revolution (record store off of Cannery Row) said, "I was doing really good until the price of gas went up." Certainly, the economy has been affecting everyone. Gamber said, "I've been doing this [selling records] since the 70's. So, this is all I know, but I'm surviving barely."

Purists like me, might want the hard copy of a CD, so you can enjoy the album art as well as the music. This is where Tower Records and other record companies are trying to make a comeback. Recently "belly-up" businesses have become exclusive to order and are shipping CDs through online order. There is no listening to the CD before purchase, however a physical copy comes in the mail. This is an awesome advancement to mitigate the pirating problem, but nothing beats having millions of CDs to shuffle through in alphabetical order on a Sunday afternoon.

News (831) 582-4066
Advertising (831) 582-4348
Fax: (831) 582-4349
E-mail: otter_realm@csumb.edu
www.otterrealm.net

Editor-in-Chief
Rick Welshiemeer

Production Manager
Shannon Conner

Advertising/Distribution Manager
Juli Reavis

Managing Editor
Caitlyn Johnson

Sports Editor
Alisha Thomas

News Editor
Monica Guzman

Arts & Entertainment Editor
Alex Poggione

Webmaster
Elizabeth Sanchez

Staff Reporters

Lucas Anthony
Kelly Beshore
Anthony Bell
Elizabeth Breault
Bre'Aja Bruce
Kevin Clark
Karen Eggeman
Nicole Jones
Kristin Leal
Megan Luna
Cole Mayer
Kelly McDermott
Brennan Mitchell
Ryan Murray
Lauren Owens
Jayna Patel
Randall Rigali
Berenice Rosillo
Marc Russo
Lauren Scholz
Simone Thompkins
Courtney Thorngate

Production Staff

Kenny Allison
Ores Ephraim
Caitlyn Johnson
Lauren Owens
Julie Perez
Marc Russo
Destinie Schroff
Gregory Tomascheski

Newspaper Advisor
Lisa C. Watson

om•buds [äm-bu-dz]

1. One who investigates reported complaints (as from students or consumers), reports findings and helps to achieve equitable settlements.

Hello Otters!

Welcome to March and to the second issue of the Otter Realm this semester. The first issue has come and gone, and we are continuing the cycle for student-led information. Hopefully you picked up the first issue to read what the students wrote and photographed.

With each cover and its stories, we hope to hear from you, which we have. The first comment was made about the cover which displayed an otter that swam up to a kayak. We apologize if anyone was offended by the photo. The picture was taken by an Otter Realm staff writer who treated the otters with the utmost care and respect. Once the photo was taken the photographer did move away and stay away from the otters. In the photo provided, the reporter kept distance.

Looking at the protection act it does state that there are certain exemptions to the act that were placed in October 21, 1972. Exceptions for the taking of marine mammals and marine mammal products include: Scientific research, public display, photography for educational or commercial purposes, or enhancing the survival or recovery of a species or stock. Our photography was used for educational purposes through the university-generated student newspaper.

We hope the information given answers the comment that addressed the cover. Please remember that all opinions, whether complimentary or constructive criticism, are always accepted and appreciated. I look forward to hearing from you! Enjoy the month of March; I'll write to you all again in two weeks.

Sincerely,

Lauren Owens, Staff Reporter

EDITORIAL POLICY

The Otter Realm is a bi-weekly student publication produced by the Otter Realm club and HCOM 389. Opinions expressed herein do not necessarily reflect the views of the Otter Realm, CSUMB administration, faculty, staff or college policy.

The Otter Realm serves two purposes: It is a training lab for students who wish to develop journalism skills, and it is a forum for free expression of campus issues and news. The Otter Realm Editorial Board will determine what to print on these pages. The Editorial Board reserves the right to edit for libel, space or clarity.

OTTER OOPS

page 19 - The Sudoku did not work... Oops... Sorry!

 **Stay Current Online at**
www.otterrealm.net

~ Secret Computer Applications and Programs by Cole Mayer
~ Top 5 Books by Kelly McDermott
~ Presidents Day vs. Cesar Chaves Day by Lucas Anthony

5			7			8		
	3			6				
2		8	9	4				
	9	1	2		7			5
					9		3	
3								7
6	1							4
	4	2	1	9		5	6	
9	8		4				2	

SUDOKU
su•dō•ku [sōō-dō'kōō]



Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.



Sexual Healing

Spice Up Your Sex Life

Ryan Murray, Staff Reporter

RYAN_MURRAY@CSUMB.EDU

A dull sex life can put even the most stable relationship on the rocks. For some, the lack of variety can make the act of sex a chore rather than an amusement.

Fear not. Let me give you a few tip ways to pull that dreary sex life out of the dumpster and enter into a fresh and fun way of engaging one another.

Activities such as role playing can spin some people's sexual fantasies into the wildest "ride" of their life. The girlfriend turns into the naughty nurse, and the boy into the patient whose only cure can "come" in between the sheets. This can allow couples to go outside their normal boundaries and explore new and alluring ways of making love. So, take off the sweats and slip into something a little more exciting.

A change in setting also can spice up the mood. Rather than the normal bedroom romp, take your lover somewhere where the possibility of getting caught is sky high. The thrill of getting down and dirty in a public place or a private space, such as a department store dressing room can create the "climax" of any sexual relationship. Don't be shy; you can turn almost any location into "fornication."

Instead of the age-old, mind-numbing missionary position; try switching it up and living a little more wildly. Consider downward facing dog. Unless you're not into yoga. Change up your routine. Get out of bed and move around the room, taking advantage of the floor, the desk, the chair, the shower, or maybe take turns "coming" in and out of the closet. The different settings can give you a whole new perspective the positions you partake in and open your eyes to the sexual possibilities awaiting you.

Remember, foreplay is a key component of pre-game prep. Spending the extra time arousing your mate can send them into sensory overload. It can be as simple as sneaking up on your partner for a kiss on the neck or jumping right into it and delivering oral pleasure on the counter. Experimenting with food during foreplay also can turn the heat up. Aphrodisiacs like oysters and chocolate are known to help increase both the energy and desire of the "tools" used during the good ol' one, two, bang-a-roo.

OR

Person on Campus

Otters reveal their deep dark secrets



I love this school. If you hate it so much and have so much to complain about WHY DON'T YOU LEAVE?

I think you're afraid to find out that your happiness is what you make of it.



When I'm zoning out I'm usually thinking about SEX (and not with my boyfriend)

I DON'T KNOW IF I AM DOING THE RIGHT THING

I've cheated on every girlfriend I've ever had and never told any of them. I figure I'll know it's the right one when I don't cheat on her.

I'm sleeping with a married man

I am 23 and I still need a night light to sleep

When I'm giving him a blow job... I pretend he's you.

Piper's Predictions



Aquarius- Don't lose your momentum right now, you will need to keep on going to reach the top. Going half-way doesn't count, it's all the way or not at all...which will you choose?

Pisces- You are bolder lately and taking more chances. This is something you don't normally do, but it's about time and is definitely needed... Keep it up!

Aries- You seem to want more space from loved ones and friends. It's ok to take some time for yourself right now and retreat; just don't lose contact with the world...enjoy some rest and relaxation.

Taurus- If only the universe would cut you a break right now; doesn't look like that will happen anytime soon. Don't view this as a negative thing. View it as adding to your strength and courage... You can do it!

Gemini- There is a time and place to be sarcastic and not to be. You need to make sure you aren't stepping on anyone's toes

with your smart re-marks. Some may not see it as funny... just a thought.

Cancer- You are full of great ideas right now and need to put them to use! Make sure you write them down and keep the creative juices flowing...make them into reality!

Leo- Many are drawn to your charm and see you as someone they can relate to. Keep in mind your charming nature is strong and you need to recognize that...be aware of your qualities!

Virgo- Being in tune with oneself is recognizing when you're gut tells you something. If it doesn't feel right don't do it, you can never go wrong with your intuition...listen to yourself!

Libra- Luck is on your side right now. Things will start looking up when you

least expect it. All your hard work is going to pay off really soon...be ready!

Scorpio- You've never been one to worry about other people, so why start now? You only need to be concerned with your pace and your own time... look within, not around.

Sagittarius- Time is a funny thing. When you need it to go slow it goes fast and when you need it to speed up, well you get the point. Just let things fall where time will be on your side... promise.

Capricorn- Your playful demeanor is really working in your favor right now. You are able to use this to your advantage in all type of situations...just don't abuse it.